



## Junior Wrestling Program 2009-2010

# AUBURN SEASON LINE UP

Practices on Tuesdays and Thursdays 6 – 8 PM, Challenges Wednesdays @ 6 PM

<b><u>DATE</u></b>	<b><u>TIME</u></b>	<b><u>EVENT</u></b>	<b><u>LOCATION</u></b>
Wed, Nov. 4	6:00 pm	<b>Team Photo's/Challenges</b>	Auburn High School (Old Gym)
Sat., Nov. 7	7:30 am weigh in	<b>Round Robin</b> (Auburn, FP, Puy, WR, VI)	White River (TBA)
Sat., Nov. 14	7:30 am	<b>Round Robin</b> Auburn, Eat, Bethel, UP, FW	Auburn Mountainview HS
Sat., Nov. 21	TBA	<b>Rocky Mountain Nationals (Optional)</b>	Monroe 😊
Fri., Nov. 27	9:00 am	<b>Tough Guy</b>	University Place (Foss HS) 😊
Sat, Nov. 28	9:00 am	<b>Thanksgiving (Novice) Tournament</b> (Auburn, UP, FW, FP, Sumner, Shelton)	Sumner (TBA) 😊
Sat., Dec. 5	7:30 am 12:30 pm	<b>Dual vs Kent</b> <b>Dual vs Enumclaw</b>	Home (Cascade)
Sat., Dec. 12	7:30 am	<b>Dual vs Maple Valley</b>	Enumclaw (TBA)
Sat., Dec. 26	7:30 am weigh in	<b>Holiday Tournament</b> (Bethel, Puyallup, Orting, University Place, Kent, Maple Valley, <a href="#">Auburn</a> , Sumner Fife)	<b>Kent (TBA)</b> 😊
Sat., Jan. 2	7:30 am weigh in	<b>Rising Star Tournament</b> (Auburn, Kent, Maple Valley, Enumclaw, Yelm, WR, Eat, Montesano, VI)	Puyallup 😊
Sat., Jan. 9	7:30 am weigh in	<b>Sub-Division Tournament</b> Auburn, Kent, Maple Valley, Enumclaw	Enumclaw 😊
Sat., Jan. 16	7:30 am weigh in	<b>Division</b> Tournament UP, FW, FP, Sumner, Shelton	Kent 😊
Sat., Jan. 23	7:30 am weigh in	<b>League Tournament</b>	White River 😊
Sat., Jan 30	TBA	<b>USA Wrestling State Tournament</b>	<b>West Valley HS, Spokane</b>

**Auburn High School (800 Fourth Street NE) Cascade Middle School (1015 24<sup>th</sup> Street NE)**

😊 These are optional tournaments and entry fees will be the responsibility of the individuals, payable to the tournament host (fee is typically \$10).

**Challenges will take place on Wednesdays at 6:00 PM, must be present or lose your spot. (November 4, 11, 18, 25, Dec. 2, & 9)**

**Times are approximate and specific facilities will be confirmed with driving directions in the weekly newsletters.**

# WHAT I WISH WE KNEW IN OUR FIRST YEAR OF WRESTLING

If this is your first year on a wrestling team, realize the first time in any sport is an adventure. Stay **FLEXIBLE** and don't be afraid to **ask questions**, most people are more than willing to answer your questions. The way things are done may seem strange; be patient, watch and learn and you'll be a pro by the end of the season. In the meantime this is offered for your information.

1. "Meet or Dual" is one team competing against another.
2. "Match" is one wrestler competing against another. Generally, your more experienced wrestlers will earn varsity or Junior Varsity positions.
3. All Varsity and Junior Varsity wrestlers are weighed in at meets and all wrestlers are weighed for tournaments.
4. You don't want to feed your wrestler before weighing-in. They can eat after their weigh-in. This way they don't miss their weight by a "Big Mac" at the last minute.
5. Each wrestler is placed in a weight class by their actual weight. Height and age are not the deciding factors.
6. Wrestlers are weighed-in wearing a singlet.
7. **AT NO TIME SHOULD THE WRESTLER GO OUT ON THE MAT FOR A MATCH WITHOUT A COACH PRESENT!**
8. For each match, wrestlers earn a spot on the Varsity, Junior Varsity or exhibition. These positions are determined by the coaches and/or challenge matches during practice sessions.
9. Meets usually begin on time with Exhibition, then JV, followed by Varsity. Junior Varsity and Varsity matches are solo on the mats.
10. Help is always needed setting up and putting things away. Just ask what you can do, this helps get things started on time and everyone gets to go home faster.
11. JV and Varsity matches have referees and scoring. Exhibition matches, which takes place between JV and Varsity matches, are refereed by coaches.
12. Meets usually last approximately four (4) hours.
13. Tournaments involve many teams with each wrestler taking part in three to four matches. Tournaments usually start late and can last eight (8) hours or more.
14. **Tournaments can and do last all day**, so you will want to plan on spending the day watching a lot of wrestling.
15. There are usually eating facilities provided as well as room to stretch your legs and take a break from the action.
16. What's important to remember is your wrestler is here to use the skills learned in practice. Nothing can help the wrestler's morale more than knowing he has fans in the crowd cheering him on and supporting his efforts.

A wrestler's mother who wanted first year parents to have an idea of what to expect at a tournament or meet suggested the idea, and 99% of the above. Having an idea of what an all day adventure your first wrestling tournament will be can help you prepare for it.

**Remember to have fun** and cheer your wrestler on. The rest will take care of itself and you'll forget how long a day you spent sitting in a hard uncomfortable gym watching the kids wrestle their little hearts out.



## **Auburn Parks, Arts & Recreation**

### **Youth Wrestling Program**

[www.auburnwa.gov](http://www.auburnwa.gov)

Welcome to the Auburn Youth Wrestling 2008-2009 season. We are members of the Pierce County Junior Wrestling League along with 20 other teams. We participate in six (4) meets, one (1) of which is at home and four (3) away, schedules are attached. These six (4) events are included in your registration fee. The Turkey, Tough Guy, Rising Star, Holiday and League Tournaments series are not covered by registration fees. If you wish to participate you may; fees are typically \$10 per tournament, payable to the tournament host. The league tournament for those advancing from subdivision and division competition is held January 23<sup>rd</sup>. White River is hosting the League Tournament, and Puyallup is hosting the Annual "Rising Star" Tournament, on January 2<sup>nd</sup>, for those wrestlers not competing at the sub-division tournament.

Parents/guardians are encouraged to attend all practices. The success of the team (in all areas including supervision, coaching) depends on parent participation. We do not ask for our athletes to do any fund raising activity; therefore, we ask for your volunteer support at certain times.

### **Pierce County Junior Wrestling League** (<http://www.pcjwl.com/>)

By laws of the Pierce County Junior Wrestling League (PCJWL) govern our program. These by-laws are available upon request. They contain such information as qualifications of wrestler, competition rules, and protest procedures.

### **Registration**

Wrestlers must be registered with the Auburn Parks, Arts & Recreation Department before they are allowed to participate. All wrestlers are issued Auburn Parks, Arts & Rec. Head Gear & Singlet. The head gear is your proof of registration and allow you into the gym for practice. A copy of your child's birth certificate is required to be on file with the league prior to any competition. Turn in copies of the birth certificates to the Auburn Parks, Arts & Recreation office upon registration.

### **Practice**

Practices are held on Tuesdays and Thursdays starting **October 27<sup>th</sup> at Auburn High School Pit & Wrestling Room**. 8 & Unders will practice from 6-7:30 and 9 & Overs will practice from 6-8 PM.

Our first meeting will be an informational and "weigh-in" night at Auburn High School Pit on Monday, October 19<sup>th</sup>, at 6p.m..

The Auburn Parks, Arts & Recreation representative is Rick Bruya at 253-931-3043 or e-mail [rbruya@auburnwa.gov](mailto:rbruya@auburnwa.gov). He can be reached M-F 8 a.m. to 5 p.m.

### **Coaches for the season are:**

Head Coach: Jim Volk 253-952-1777(H), 253-951-4646(C), [volkdaz@comcast.net](mailto:volkdaz@comcast.net)

Assistant Coaches: Dwight Bishop, Chad Perry, Mel Lee and Kent Washburn

The best time to talk to a coach is before or after practice. Keep in mind coaches are volunteers who enjoy the sport of wrestling and have special training and a long history of coaching children. Parents are asked to assist coaches; no wrestling experience is necessary. Please contact one of the coaches and let them know if you are interested in coaching or assisting the team. Parent help is always needed in the following categories: Time keepers, Mat helpers, Telephone tree, and setup or clean up after matches/tournaments. Please sign up for areas in which you can be of assistance.

## Coaches Certification

Auburn Parks, Arts & Recreation is holding a National Youth Sports Coaches Association (NYSCA) certification course. This course is required for anyone interested in coaching this season, TBA. **No coach or parent will be allowed on mat unless certified (league rule).**

## Objectives

The Auburn Youth Wrestling provides athletes with the opportunity to learn skills and gain experience and knowledge necessary for future participation in collegiate wrestling. We promote the involvement of parents and guardians toward helping their child gain an appreciation of wrestling, sportsmanship, and self-discipline, in regards to teammates, rules and officials, otherwise known as good sportsmanship. In order to reach the above goals, a certain level of discipline must be maintained. Please read the following rules, as well as corrective steps of discipline, with your wrestler to make sure he/she understands them.

1. The wrestler will arrive with sufficient time to prepare for the beginning of practice, due to limited space this cannot be earlier than 10 minutes prior to practice. All wrestlers will participate in a warm-up session prior to practice. If the wrestler is late, he/she will need to warm up on a corner of the mat before joining practice.
2. Mat apparel must be non-abrasive in order to prevent tears on the mat.
3. Shoes – It is not necessary to purchase wrestling shoes to wrestle on the team. Alternate shoes should be high top tennis shoes without abrasive eyelet's or other trim that could damage the mats. Also, the shoe needs to be a flat shoe with no heel. The shoes worn on the mats should be clean and not worn anywhere else. If they are, please inspect them for dirt, rocks, or glass prior to walking on the mat. Wrestling shoes are recommended; they are light weight and provide the same traction that cleats provide for football, baseball, etc.
4. Clothing – Loose fitting shorts/pants (without abrasive attachments such as snaps, zippers, etc.) and a T-shirt is all that is needed. The Auburn "A" Team T-shirt with sponsors name on back will be distributed at the beginning of the season.
5. Fingernails – must be trimmed and not sharp before each practice and match.
6. Hair – If hair is longer than collar length, it may need to be cut or covered with an approved cap, prior to competition at the referee's discretion.
7. **Please have the wrestler stop at the rest room prior to practice.** Permission must be given by a coach to leave the designated wrestling area.
8. Coaches may give "water breaks". Wrestlers are not to leave the room without permission from the coach. Water bottles are highly encouraged for all wrestlers.
9. No running on stairs or down hallways. The school officials are very concerned about the safety of the children in the building.

Abuse of these rules or other misconduct CAN LEAD TO THE LOSS OF THE FACILITY FOR THE ENTIRE TEAM. Please be conscientious of this and respect school property.

## Discipline

The coaches will make every attempt to discuss problems with the child and parent to reach a satisfactory conclusion. However, repeated offenses can be disruptive or dangerous, and could be subject to loss of practice time which could jeopardize the use of our facilities; their challenges; or team standings.

## Non-Wrestlers

If younger children come to practice, please bring something quiet for them to do. Please be sure to closely supervise children; noise has been a problem in the past. **Staying off the High School gymnastics equipment is a MUST.**

## Weight Classes

Coaches discourage dieting to make weight. During the wrestling season, a child is likely to gain some weight (muscle). By starting out at a lower weight, the wrestler may lose the chance to qualify for Division or League. Wrestlers are allowed a one (1) pound weight allowance after sub division. **Wrestlers weigh-in wearing singlets.**

Pierce County Junior Wrestling League rules state the following new weight limits:

1. Weight Limits for Heavy Weight Class  
8 and Under (45, 50, 54, 58, 63, 69, 78, 90, 100, 110).  
9 and Over (58, 63, 66, 69, 73, 77, 81, 86, 91, 96, 103, 110, 120, 145, 175)
2. Wrestling within your weight class  
Wrestlers 8 and Under can not wrestle anyone over a 22 lbs. difference in weight.  
Wrestlers 9 and Over can not wrestle anyone over a 32 lbs. difference in weight.

## Age/Grade

According to the Pierce County Junior Wrestling League by-laws, the wrestler cannot be 13 years of age on or before December 31<sup>st</sup> of the current year.

## Qualification for Division and League Tournaments

To qualify, a wrestler must weigh-in three (3) times during the season at a League sanctioned Dual Meet or Round Robin, this can be Varsity or JV. If all three weigh-ins are not at same weight the wrestler will be qualified at the highest weight he/she weighs in at. Example: Two weigh-ins at 45# and 1 at 50# wrestler only qualifies at 50# if that wrestler earns a JV or Varsity position. Only two wrestlers can represent each weight class.

## Dual Matches

Parents are encouraged to bring their wrestler to all the matches. When this is not possible, let the coaches know as early as possible so they can make arrangements. Every attempt is made for each wrestler to have a match. **It is MANDATORY for all wrestlers to stay until all matches are completed.** As a team, we must support all our wrestlers. If it is a home match, please plan to either come one hour early to help set up or to stay one hour late to assist in clean up.

Most matches start with weigh-ins between 7:00-9 a.m., on Saturday mornings. Competition begins at 9:30 a.m. and 10 a.m. respectively; competition ends about two hours later. Be sure to check the weekly newsletter each week for match time and directions.

There may be a donation taken at the door at matches to defer the costs of facility/referees, usually \$2 each or \$5 per family.

## Tournaments

Tournaments are usually an all day event. They start between 8-9 a.m. and end in the late afternoon or early evening, depending on the number of participants. Medals are handed out at the end of the tournament.

## Uniforms

Singlets and head gear are property of Auburn Parks, Arts & Recreation Department. A singlet and head gear is issued to each wrestler on the Youth Wrestling Team. Head gear is to be worn at all times on the mat. Singlets are to be **WORN AT MATCHES ONLY**. "Varsity" singlets are issued to wrestlers after weigh-ins, and are collected at the end of the match. No one is allowed to take "Varsity" singlets out of the building.

## Novice Wrestlers

A first year wrestler is defined as a novice wrestler for the entire first year.

## **Challenges**

"Challenge" matches are on Wednesdays at 6:00 PM, Dates TBA. These matches decide the "Varsity" and "Junior Varsity" positions available for each upcoming match. If your wrestler cannot make the practice and wishes to challenge, you must notify a coach. A "seeding" list is established by challenge for each weight class, with the top wrestler being "Varsity" and #2 is designated as "Junior Varsity". A wrestler may challenge a higher "seed" to improve their standing. If the "Varsity" wrestler is unable to compete, the "Junior Varsity" wrestler is moved into that position and the first alternate would move to the "Junior Varsity" position. Therefore, it is very important every one on the Team come to each practice and meet. Wrestlers not having a "Varsity" or "Junior Varsity" position participate in exhibition matches at the match. Exhibition matches may be with one of their own teammates if the opposing team does not have an athlete in that particular weight group available to wrestle.

### **Team Challenge Rules**

1. No coaching during challenges. This includes parents, coaches, and wrestlers.
2. Parents may not keep score/time/referee for their wrestlers challenge. This keeps misunderstandings to a minimum.
3. NO children are allowed near scorekeeper and timer during challenges.
4. Only adults keep score and time.
5. Challenges are optional, "athletes choice", if athlete decides not to challenge he/she will lose spot.
6. Maximum challenges in one night are two (2) or coaches discretion.
7. Weight class is set for the week. If weight changes, the wrestler will challenge the new weight class the following week. If wrestler chooses to change weight, he must notify coach no later than Saturday.
8. Novice will not challenge for the first match. There may be exceptions at discretion of coach.
9. Last year's seeding will set rank for the first match. Challenges may be necessary to break ties from last year's rank to set Varsity and JV. These challenges start the second week. Challenge top 3 positions from last year, at coaches discretion. A varsity 8 and under moves to JV at 9 and over.
10. Challenges are on Wednesday (Varsity & JV). Wrestler must be no more than one pound over at time of challenge.
11. No show for challenges will lose your position.
12. Wrestlers with three Varsity matches at a weight (in dual matches or round robins), will have no more challenges (for qualification reasons). Same with JV.
13. Qualification for league is explained in the PCJW League by-laws.
14. Varsity, JV, and exhibition Rank, are available-ask a coach. Rank may change each week.
16. Coaches can and will make the hard decisions on who wrestles and who does not for the team's benefit.